

Pallen's Martial Arts - Dublin

**BLACK BELT
EXCELLENCE
SINCE 1968**

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MONDAY A-DAY	TUESDAY A-DAY	WEDNESDAY B-DAY	THURSDAY B-DAY	FRIDAY	AVAILABLE UPON REQUEST
FRESHMEN WHITE/YELLOW BELTS (7-12 YRS) 4:15 – 5:00PM	TIGERS (4-6 YRS) 4:15 – 5:00PM	FRESHMEN WHITE/YELLOW BELTS (7-12 YRS) 4:15 – 5:00PM	TIGERS (4-6 YRS) 4:15 – 5:00PM	CUB'S (3-4 YRS) 3:45 – 4:15PM	INDIVIDUAL, GROUP OR PRIVATE LESSONS
BIG TIGERS (4-6 YRS) 5:00 – 5:45PM	SOPHOMORES ORANGE/ADV PURPLE (7-12 YRS) 5:00 – 5:45PM	BIG TIGERS (4-6 YRS) 5:00 – 5:45PM	SOPHOMORES ORANGE/ADV PURPLE (7-12 YRS) 5:00 – 5:45PM	PMA FITNESS 4:15 – 5:15PM	FAMILY CLASSES
COMBO CLASS SOPH/JUNIORS/SENIORS ORANGE & ABOVE BELTS (7-12 YRS) 5:45 – 6:30PM	FRESHMEN WHITE/YELLOW BELTS (7-12 YRS) 5:45 – 6:30PM	COMBO CLASS SOPH/JUNIORS/SENIORS ORANGE & ABOVE BELTS (7-12 YRS) 5:45 – 6:30PM	FRESHMEN WHITE/YELLOW BELTS (7-12 YRS) 5:45 – 6:30PM	MAKE UP CLASS (ALL) 5:15 – 6:00PM	LUNCH WORKOUTS
TEENS/ADULTS 6:30 – 7:15PM	JUNIOR/SENIOR BLUE & ABOVE BELTS (7-12 YRS) 6:30 – 7:15PM	TEENS/ADULTS 6:30 – 7:15PM	JUNIOR/SENIOR BLUE & ABOVE BELTS (7-12 YRS) 6:30 – 7:15PM	COMPETITION FORMS CLASS 6:00 – 6:45PM	BIRTHDAY PARTIES
FILIPINO MARTIAL ARTS (KIDS & ADULTS) 7:15 – 8:15PM	TEENS/ADULTS 7:15 – 8:00PM	FILIPINO MARTIAL ARTS (KIDS & ADULTS) 7:15 – 8:15PM	TEENS/ADULTS 7:15 – 8:00PM	COMPETITION SPARRING CLASS 6:45 – 7:30PM	
COMPETITION TRAINING (Comp Team & BBC ONLY) 8:15 – 9:00PM	BLACK BELT CLASS 8:00 – 9:00PM	COMPETITION TRAINING (Comp Team & BBC ONLY) 8:15 – 9:00PM	BLACK BELT CLASS 8:00 – 9:00PM	DEMO TEAM PRACTICE 7:30 – 8:15PM	

EFFECTIVE 02.01.15

SCHOOL PROTOCOL:

1. ALL STUDENTS MUST BE IN FULL UNIFORM DURING CLASS. INCLUDING GI TOP, GI PANTS AND BELT (PALLEN T-SHIRTS ARE ACCEPTABLE AND MUST BE TUCKED IN AT ALL TIMES)
2. STUDENTS MUST BE IN FULL UNIFORM (GI TOP, GI PANTS & BELT) FOR TIP TESTING/BELT TESTING
3. BELT MUST BE TIED CORRECTLY
4. ALL STUDENTS ARE TO KEEP UNIFORM NEAT, CLEAN AND ODOR FREE
5. ALL STUDENTS MUST BOW BEFORE ENTERING, AND BEFORE LEAVING SCHOOL, AND ALSO BEFORE ENTERING AND BEFORE LEAVING THE WORKOUT FLOOR
6. POLITE GREETING MUST BE MADE TO SIFU WHEN YOU FIRST ARRIVE TO SCHOOL
7. STUDENT/PARENT MUST CHECK IN AT FRONT DESK PRIOR TO ENTERING CLASS (THEY WILL ALSO BE AUTO-CHECKED IN BY PMA STAFF DURING CLASS)
8. STUDENT BELONGINGS MUST BE STORED NEATLY AWAY FROM WORKOUT FLOOR
9. STUDENTS MUST CLEAN UP AFTER THEMSELVES, PUTTING AWAY EQUIPMENT AFTER USAGE AND THROWING AWAY PERSONAL TRASH, ETC.
10. NO HORSE-PLAYING, RUNNING OR LOUD TALKING DURING CLASSES; STUDENTS AND PARENTS
11. BULLYING IS NOT ACCEPTABLE IN OR OUTSIDE OF THE DOJO
12. NO FOUL LANGUAGE WILL BE USED AT ANY TIME IN THE SCHOOL OR AT SCHOOL ACTIVITIES
13. SHOES MUST BE WORN AT ALL TIMES WHEN OFF THE MAT
14. SHOES ARE NOT ALLOWED ON THE MAT
15. PARENTS MUST NOT SPEAK OUT DURING CLASS

SCHEDULE NOTE:

1. TIP TESTING IS HELD EVERY MONTH
2. BELT TESTING IS HELD ONCE EVERY QUARTER
3. SCHEDULE MAY CHANGE DUE TO SPECIAL EVENTS

